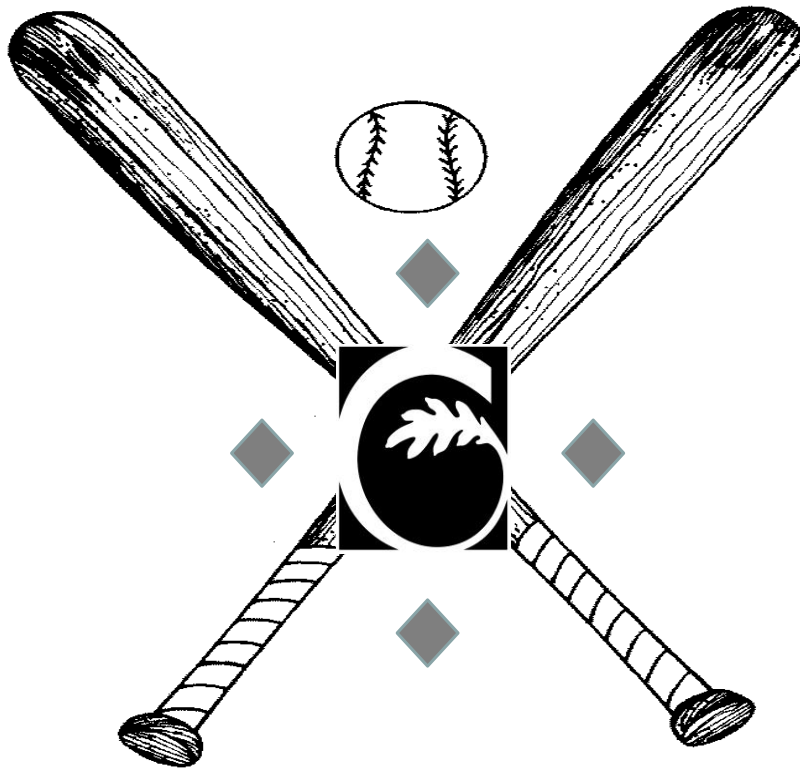


# **Greensboro Parks & Recreation Department**



## **2016 Youth Baseball By-Laws**

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## 2016 Points of Emphasis

- **Athletic Division reserves the right to place players' base on the needs of the program.**
- The focus for this year's season is about promoting sportsmanship and learning proper mechanics and basic fundamentals for youth baseball. Coaches should encourage learning through drills and organized practices for all players.
- All coaches must submit and pass the background check before being allowed to coach. Only coaches that pass the background check may interact with the team on the practice field, in the dugout, playing field or other team activities. Parents who want to help out with the team must submit and pass the background check also.
- Any Coach or Player ejected from a game due to unsportsmanlike conduct will be suspended for the remainder of the game plus the next game. A second ejection for unsportsmanlike conduct by a coach or player will result in dismissal from the league for the season.
- Teams must have a minimum of 8 players to start a game.
- **In 2016 all age groups will bat a continuous batting order. Players arriving after the start of the game will be added to the bottom of the batting order.**
- **Each team must have a minimum of 10 players on a roster and may carry up to 15 players on a roster.. The Head Coach will be provided a Parks & Recreation team roster. Rosters must include the players assigned jersey/t-shirt number listed on the roster.**
- Coaches are responsible for the safety of their players at all times.
- Coaches should have an approved team roster at all games and practices. Coaches should carry a first-aid kit with their team for practices and games.

**Face Masks** are required on all Batting helmets for the 9-10 yr, olds and 11-12 yr, olds division. IF A PLAYER COMES TO THE PLATE WITHOUT THE PROPER HELMET, THEY WILL BE REQUIRED TO OBTAIN THE PROPER HELMET BEFORE THE AT BAT TAKES PLACE. Pony Division players (13-14 yr. olds) are **not** required to have face masks on their helmets.
- All teams can use the bat barrel of 2 1/4", 2 5/8" or 23/4".
- Traditional wood bats are allowed according to Major League rules 1:10 A,B, and C
- All -3 non wood bats must be BBCOR certified. All BBCOR approved bats shall be labeled with a silk screen permanent certification mark.

- Penalty for use of an illegal bat:
  - If detected before the first the first pitch of an at-bat, the bat shall be removed from the game. The batter is not out and is required to use a bat that confirms to the bat regulations.
  - If detected after the first pitch (whether the pitch is swung at or not) the batter is declared out and base runners shall not advance. Both the Batter and Head Coach of the team will receive a warning.
  - If detected after a ball is hit, the batter is out and base runners shall return to their original base prior to the hit. Both the batter and Head Coach of the team will receive a warning.
  - First violation will be a written warning to the player and head coach from the Baseball Director. Second violation during a season will result in the player and head coach being suspended for one game by the Baseball Director
- Players who intentionally, in the judgment of the umpire, throw bats, or protective headgear, or discard protective headgear while batting or running the bases, shall be ejected from the game following completion of any play in progress at the time the violation occurs. Such action does not constitute an out and such players shall be replaced as batters or base runners if appropriate.
- Catchers are required to wear a cup-type athletic supporter, mask with throat guard, chest protector, protective shin guards and protective headgear which covers both ears and protects the top of the head when catching behind the plate. Any catcher/player warming up a pitcher must wear a mask whether the pitcher is warming up from the mound, in the bullpen or elsewhere.
- Team hustle should be stressed by Coaches as it eats up allotted playing time for teams.
- **There are no courtesy runners for the catcher or the pitcher.**
- **Players / Teams should arrive twenty (20) minutes ahead prior to game time to prepare for their games.**

**Greensboro Parks & Recreation Department  
Youth Baseball Program Local Rules and By-Laws**

**Ages 9-14**

**MISSION STATEMENT:**

The mission of the Greensboro Parks & Recreation Department is to provide diverse year-round leisure opportunities through the preservation of open space, park settings, recreational facilities and programs for the citizens of Greensboro. The **benefits of leisure services** are especially designed to meet the physical, mental, cultural and social needs of residents and visitors to our community, while enhancing the overall quality of life in Greensboro.

The philosophy of the Athletics Section of the Greensboro Parks & Recreation Department is to create a positive environment for youth and adults;

- By emphasizing each individual's right to participate.
- By teaching life skills, good sportsmanship and game fundamentals.
- By stressing FUN and enjoyment above all else.
- The focus for this year's season is about promoting sportsmanship and learning proper mechanics and basic fundamentals for youth baseball. Coaches should encourage learning through drills and organized practices for all players.

**PURPOSE:**

To provide an opportunity for youth ages 9-14 to play baseball on an organized team in a structured program emphasizing safety, correct fundamental skills, teamwork, good sportsmanship and fair play.

**ORGANIZATIONAL SET-UP AND DUTIES:**

- A. The League Director will be a professional employee of the Parks & Recreation Department and will work the under supervision of Athletic Director. The Athletic Director and League Director reserve the right to suspend any manager, coach, player or spectator who violates any Departmental Policies as stated in the By-Laws. The League Director will handle all protests. If a player or team appeals a ruling from the League Director, the Athletic Director will hear the appeal for a final ruling. **All rulings are final.**
- B. Field Supervisors will be Parks & Recreation Department employees working under the supervision of the League Director. Their duties include, but not limited to:
  - 1. General supervision of games, fields, and spectators
  - 2. Handling any problems that may arise at the fields.
  - 3. Enforcement of the Rules and By-Laws, City and Department Policies as they relate to the Youth Baseball Program.

## **TEAMS, LEAGUES AND DIVISIONS:**

Parks and Recreation has the right to deny entry into the Youth Baseball Leagues based on previous behavior issues, size of the leagues and or compatibility level of play.

## **ENTRY FEES:**

Team fees are “to” be determined each year. Due date established each season. Fees are due before game schedules are given out. Entry fees cover the cost of umpires, field supervisors, game equipment and awards.

Mustang Fee: \$225.00

Bronco Fee: \$275.00

Pony Fee: \$325.00

## **REFUND POLICY:**

### **Greensboro Parks and Recreation Refund Policy For Youth Baseball**

The Greensboro Parks and Recreation Department reserves the right to cancel a program at the sole discretion of the department, including when a program’s minimum enrollment is not met. In the event of a program cancellation, the department will endeavor to provide as much advance notice as possible to participants. In addition, the department reserves the right to alter schedules, fees, and instructors as necessary. In the event that the department cancels a program or event, registration fees are 100% refundable except in cases when an alternative refund policy has been provided in writing to registrants at the time of registration.

Program withdrawal and refund requests initiated by participants will be processed in accordance with the criteria set forth below. All requests for a refund of program fees must be received by the department in writing. Refund requests are processed according to the guidelines included below and generally take 2-4 weeks to process, with the exception of payments made by check, which may take additional processing time. The refund check will be mailed to address provided on the written refund request.

Prior to Program Start Date: Fees are fully refundable less a \$10 processing fee per registration. (No equipment issued)

After Program Begins: No refund is available except in extenuating circumstances as determined by the program supervisor. (All equipment must be returned)

After Program Ends: No Refunds Granted

## **SEASONAL GAMES:**

9-10 - regular season will 10 games w/ single elimination tournament

11-12 - regular season will 12 games w/ single elimination tournament

13-14 - regular season will 12 games w/ single elimination tournament

## **PLAYER REGISTRATION:**

Each parent/legal guardian is required to register their child(ren) during the assigned registration dates (January 4 – February 26).

In order to register, parents' are required to show an **original/legible** birth certificate or Passport and **PAYS** card for verification. GREEN cards for non-U.S. Citizens will be accepted as proof of age.

1. Player Registration – All participants must be registered on a Parks & Recreation Department Youth Baseball Registration Form. These forms constitute the player/team legality and must be turned in to the League Director's office. Various dates, times and locations will be provided during registration.
2. Legal residence is defined as that listed by the school where the player attends. Home and private school registrants will be determined by the home address.
3. A player's age is determined by the cut- off date of April 30<sup>th</sup> of that current year.
4. Any player, parent, coach believed to have encouraged and/or assisted with the submission of an altered Birth Certificate will be removed from the program and must appear before the League Director and the Athletic Director

## **PLAYER ELIGIBILITY AND PROGRAM DIVISIONS:**

**Athletic Davison reserve the right to place player base on the needs of the program.**

- A. 9-10 – This is for players 9 or 10 years old on or prior to April 30 of the current year and assigned to the team by the League Director using zip codes.
- B. 11-12 – This is for players 11 or 12 years old on or prior to April 30 of the current year and assigned to the team by the League Director using zip codes.
- C. 13-14 – This for players 13 or 14 years old on or prior to April 30 of the current year and assigned to the team by the League Director using zip codes.
- D. Players are only allowed to play in the age group that they are registered in and only on one team.**

Players are eligible to play up one age division with League Director Approval.

## **TEAM ROSTERS:**

1. Each team must have a minimum of **10** players on a roster and a maximum of **15** players on a roster.. The Head Coach will be provided a Parks & Recreation team roster. Rosters must include the players assigned jersey/t-shirt number listed on the roster.

2. Any coach signing a registration form for a player or playing an unregistered player will be suspended for (1) year w/ **no appeal**.
3. The permanent team roster (w/player's jersey numbers) is must be submitted to the League Director's office. If not, games will be **forfeited until roster is submitted**. Jersey numbers can't be duplicated.
4. If a team falls below the minimum number for fielding a team, players may be added to meet the minimum number. These players must meet all registration requirements and must be added in the League Directors office.
5. Any player who is dropped from a team roster may not be added back to a team unless the team falls below the minimum number of players.
6. Any coach playing a player under assumed name will be suspended for (1) year.
7. Any coach who knowingly plays an illegal player will be suspended for (1) year.
8. Only the head coach, three assistant coaches and the scorekeeper are allowed in the dugout during games. All coaches must be registered on the coaches' roster prior to the season and are subject to background checks. ("No Bat Boys")

### **RELEASES / APPEALS:**

The parent / guardian must obtain a "Release Form" from the League Director once registration is completed. The release form must be signed and dated by the following:

- The coach of the team who is releasing the player.
- The coach of the new team who is accepting the new player.

The "Release Form" must be returned to the League Director for approval.

If the area coach refuses to sign a "Release Form", the parent has the right to appeal to the League Director, by submitting a detailed letter why they want the release.

**All appeals should be address to Phil Hardin at 373-2955. All appeals must be submitted prior to the first game. All rulings by the League Director are final.**

**Any coach violating the release clause listed above will be brought before the League Director and may be suspended for one year.**



## **SCHEDULES:**

All regular season schedules, day, date and times will be determined by the League Director. Games will be played as scheduled with the League Director reserving the right to make changes in exceptional cases. The League Director will also reserve the right to move teams if possible to form more competitive play based on athletic abilities.

If you can't play a scheduled game for any reason, you should notify the opposing coach and the League Director at 373-2955 so the coach can notify their team and the League Director can notify the umpires in a timely manner.

## **PRACTICES:**

During the pre-season, teams can practice up to 4 days a week. During the regular season, teams may practice up to 3 days per week.

## **GAME TIME LIMITS:**

At all locations, the plate umpire will have the official time piece. Coaches should check with the umpire before taking the field in order to know the correct amount of playing time.

**For the purpose of clarification of the time limit rule, a new inning starts as soon as the home team makes the third out.**

- |               |   |
|---------------|---|
| <u>9-10:</u>  | <b>5 innings or 1:20 minutes: No New inning starts after 1:10 minutes.</b> 5 run limit on the first 4 innings, which means teams may score 5 runs per inning until the 5 <sup>th</sup> inning. 10 run mercy rule after 3½ innings or 4 innings. |
| <u>11-12:</u> | <b>6 innings or 1:45 minutes: No New inning starts after 1:35 minutes.</b> 10 run mercy rule after 3½ or 4 innings.   |
| <u>13-14:</u> | <b>7 innings or 2 hours: No New inning after 1:45 minute time.</b> 15 run mercy rule after 3½ or 4 innings and 10 run mercy rule after 4½ or 5 innings.   |

All games will be considered official after either 3½ or 4 innings.

**There will be a 5 minute grace period on the first game of each day (ONLY). This grace period is included in the game time limit. All other games scheduled that day must start at the scheduled time.**

If games are canceled due to inclement weather; managers, players and parents need to call the game cancellation line: **(373-2366)**. If no information is listed, all teams should report to their specified game site.

## **UNIFORMS:**

- Uniforms should consist of the following:
  - Hat
  - Jersey with a number on the back
  - Baseball Pants
  - Socks
  - Belt
  - Cleats: 9-10 and 11-12 must wear rubber molded cleats or rubber sole shoes.
  - Cleats: 13-14 have the option to wear rubber molded cleats or metal cleats.
- Team uniforms should all match. All jerseys should be the same color with matching logos on them. All jerseys should have a number on the back of the jersey. **Jersey numbers can't be duplicated. All team hats should match and hats should be worn properly.**

## **EQUIPMENT:**

- Bats: The barrel of an artificial / metal /composite / non wood bat may be either 2 ¼", 2 5/8" or 2 3/4". All non wood bats should have the manufacture name and the length / weight ratio listed on it. **All -3 bats must be BBCOR certified. All BBCOR approved bats shall be labeled with a silk screen permanent certification mark.**
  - **Traditional wooden bats are allowed according to Major League rules 1:10 A, B, C.**
    - (A) The bat shall be a smooth, round stick not more than 2.61 inches in diameter at the thickest part and not more than 42 inches in length. The bat shall be one piece of solid wood.
    - (B) The bat maybe cupped with an indentation in the end of the bat up to 1.25 inches in depth is permitted and may be no wider than two inches and on less than 1 inch in diameter. The indentation must be curved with no foreign substance added.
    - (C) The bat handle, for not more than 18 inches from its end, may be covered or treated with any material or substance to improve the grip. Any such material or substance that extends past the 18-inch limitation shall cause the bat to be removed from the game.
- NOTE: If the umpire discovers that the bat does not conform to (c) above until a time during or after which the bat has been used in play, it shall not be grounds for declaring the batter out, or ejected from the game.
- **( Prohibited bats: Tee-ball bats, fast pitch softball bats and bats with no manufacture's information)**
  - **Balls:** The Greensboro Parks & Recreation Department will provide the game balls.
  - **Cleats:** Mustang and Bronco age groups must wear rubber molded cleats or rubber sole shoes. **Players wearing illegal shoes must change their shoes. If they don't have an extra pair of shoes, they will be removed from the game.**

- **Cleats:** 13-14 year old age group has the option to wear rubber molded cleats or metal cleats.

**Face Masks** are required on all Batting helmets for 9-10 and 11-12 year old age groups. ANY PLAYER COMING TO THE PLATE WITHOUT THE PROPER HELMET WILL BE REQUIRED TO OBTAIN THE PROPER HELMET.

- The 13-14 year old age group is **not** required to have face masks on the helmets.
- Catchers are required to wear a cup-type athletic supporter, mask with throat guard, chest protector, protective shin guards and protective headgear which covers both ears and protects the top of the head when catching behind the plate. Any catcher/player warming up a pitcher must wear a mask whether the pitcher is warming up from the mound, in the bullpen or elsewhere.
- ***Playing Fields:***
  - 9-10: Bases are 60 ft and Pitching distance is 44ft.
  - 11-12: Bases are 70ft and Pitching distance is 48 ft.
  - 13-14: Bases are 80ft and Pitching distance is 54ft.

**LINE UP CARDS:** The Head Coach / Manager should have a copy of their official team roster.

All teams must turn in a lineup card to the official score keeper prior to the start of the game. The lineup cards must contain the following:

- The players first and last name
- Jersey number
- Listed in the correct batting order / position number
- **In 2016 all age groups will bat a continuous batting order. Players arriving after the start of the game will be added to the bottom of the batting order.**

### **FORFEITS**

1. Failure to have (8) players on the field ready to play at game time
2. Failure to field a legal number of players once the game begins (8 players)
3. Any time a coach or teams behavior becomes detrimental
4. Playing without an assigned jersey/t-shirt or non assigned number without notification from the League Director of baseball.

## **RAIN OUT POLICY**

In the event of inclement weather, please call the Parks & Recreation rain line at **(373-2366)**. This number will be located at the top of all game schedules. If no cancellation details are available, teams should report to the specified field.

If it rains after arriving at the fields, the decision to play or cancel will be determined based on Parks and Recreational Official and the Umpires on the field.



Text **YOUTHBASEBALL** to 84483 to receive alerts from **Greensboro Parks & Recreation Department**  
(Organization or Group's Keyword) (Organization or Group Name)

*For email alerts, search for our organization on [www.RainedOut.com](http://www.RainedOut.com)*

# **9-10 Baseball Rules**

This is for players 9 or 10 years old on or prior to April 30 of the current year and assigned to the team by the League Director using zip codes.

The official playing rules, with the exceptions and variations contain in the following material, shall be ***“Official Rules of Major League Baseball”*** w/variations of the By-Laws, completely revised, as released through the office of the Commissioner of Baseball.

## **SEASONAL GAMES:**

Play a 10 game regular season with a single elimination tournament. All teams will qualify for the playoffs. All teams that finish 500 or better will be place in the “A” Bracket and all teams that finish below 500 will be place in the “B” Bracket.

## **GAME RULES**

**There will be a 5 minute grace period on the first game of each day (ONLY). This grace period is included in the game time limit. All other games scheduled that day must start at the scheduled time.**

**Game Time / Length: 5 innings or 1:20 minutes: No New inning starts after 1:10 minutes.**  
5 run limit on the first 4 innings, which means teams may score 5 runs per inning until the 5<sup>th</sup> inning.  
10 run mercy rule after 3½ innings or 4 innings

**For the purpose of clarification of the time limit rule, a new inning starts as soon as the home team makes the third out.**

All games will be considered official after 3 ½ or 4 innings.

## **LINE UP CARDS:**

The Head Coach / Manager should have a copy of the official team roster.

1. All teams must turn in a lineup card to the official score keeper prior to the start of the game. The lineup cards must contain the following:
  - a. The players first and last name, jersey number and listed in the correct batting order
  - b. Late arrivals will be added to the end of the batting order,
2. Teams must start and finish with at least eight (8) players. If you start with eight players you must take an out in the ninth batting slot of the order. With 2 outs of an inning you may not walk the 8<sup>th</sup> batter to get the automatic out.
3. **The entire roster of players present for the game shall bat in rotation. Any player that arrives after the game starts shall be added to the bottom of the batting order.**

4. Nine (9) players shall be used defensively.
5. All players must play at least (2) two innings in the field in each game. Coaches that violate this rule will appear before the League Director.
6. If a player starts the game and leaves before the game is over his/her team will take an out in that batting position unless this would be the third out of an inning where in this case we would just skip the spot.
7. Runners may steal bases, but shall not leave the base they are occupying at the time of the pitch until the pitched ball has reached or passed the catcher. Once the pitcher has stepped on the rubber with possession of the ball, runners who leave base before the pitched ball has been hit or reached and passed the catcher shall be called out and the pitch shall be considered as a dead ball. Coaches and Players need to understand that this is a subjective call by the umpires who makes the call and that there is no appeal.
8. Drop 3<sup>rd</sup> strike, the batter is out.
9. Players who intentionally, in the judgment of the umpire, throw bats, or protective headgear, or discard protective headgear while batting or running the bases, shall be ejected from the game following completion of any play in progress at the time the violation occurs. Such action does not constitute an out and such players shall be replaced as batters or base runners if appropriate.
10. Penalty for use of an illegal bat:
  - If detected before the first the first pitch of an at-bat, the bat shall be removed from the game. The batter is not out and is required to use a bat that confirms to the bat regulations.
  - If detected after the first pitch (whether the pitch is swung at or not) the batter is declared out and base runners shall not advance. Both the Batter and Head Coach of the team will receive a warning.
  - If detected after a ball is hit, the batter is out and base runners shall return to their original base prior to the hit. Both the batter and Head Coach of the team will receive a warning.
  - First violation will be a written warning to the player and head coach from the Baseball Director. Second violation during a season will result in the player and head coach being suspended for one game by the Baseball Director.

### **PITCHING RULES:**

1. Any team member may pitch, subject to the restrictions of the pitching rules.
2. 9-10 Pitchers shall not pitch in more than three innings in a calendar day.
3. 9-10 pitchers shall not be allowed to pitch more than eight innings in one calendar week.

4. There are no balks in this age group; however coaches are required to teach proper mechanics.

- **Calendar Week is from 12:01am. Monday to 12 Midnight the following Sunday.**

5. 9-10 Pitchers shall have at least **40 hours** rest after pitching three innings in a calendar day.
6. The 40 hour rule is computed from the scheduled starting time of the game in which the pitching occurred. **As soon as a pitcher delivers one pitch to a batter, the pitcher shall be considered as having pitched one inning.**
7. No **BALKS** will be called in the 9-10 age groups.
8. Any Pitcher withdrawn from the mound shall not be permitted to pitch again in the same game.
9. The Pitcher named in the batting order turned in prior to the start of the game, shall pitch to the first batter or any substitute batter until such batter is put out or reaches first base, unless the pitcher sustains injury or illness which, in the judgment of the umpire-in-chief, incapacitates him from pitching.
10. Pitchers in violation of any of the pitching rules shall be considered an eligible player, subjected to penalties outline in the penalty section of this rule sheet.

#### **PITCHING PENALTIES:**

Penalty for use of an **ineligible player**, upon appeal by the opposing manager or notification by the official scorer when the Baseball Director verifies the information will result in a (1) one game suspension for both the player and Head Coach.

1. An ineligible player is one who is legally a member of the league, but who is ineligible to play or to pitch in a particular game or games because of the limitations set forth these By-Laws.
2. For the purpose of interpreting this rule, a player shall not be considered in violation of the rules until at least one pitch has been thrown to the batter after the point of the violation.
3. In the event the manager of an ineligible player refuses to remove the player from the lineup and the manager does not leave the field when the appeal is made, and verified, the game is subject to forfeit.
4. When the ineligible status of a player is not established until after the completion of the game, the game shall stand as played, but the player and manager shall be ineligible to participate in the next game played by the team, or the next game played after the ineligible status has been determined.

5. Pitchers in violation of any of the pitching rules shall be considered ineligible players, subject to the penalties stated for the use of an ineligible player in this rule.

## **11-12 Baseball Rules**

This is for players 11 or 12 years old on or prior to April 30 of the current year and assigned to the team by the League Director using zip codes.

The official playing rules, with the exceptions and variations contain in the following material, shall be ***“Official Rules of Major League Baseball”*** w/ variations of the By-Laws, completely revised, as released through the office of the Commissioner of Baseball.

No more than three players shall “huddle” on the playing field at any time during the game. Umpires shall discourage such gatherings when they tend to delay the game.

### **SEASONAL GAMES:**

Play a 12 game regular season with a single elimination tournament. All teams will qualify for the playoffs. All teams that finish 500 or better will be place in the “A” Bracket and all teams that finish below 500 will be place in the “B” Bracket.

### **GAME RULES**

**There will be a 5 minute grace period on the first game of each day (ONLY). This grace period is included in the game time limit. All other games scheduled that day must start at the scheduled time.**

**Game Time / Length: 6 innings or 1:45 minutes. No New inning starts after 1 hour and 35 minutes. 10 run mercy rule after 3½ or 4 innings**

**For the purpose of clarification of the time limit rule, a new inning starts as soon as the home team makes the third out.**

All games will be considered official after 3 ½ or 4 innings.

### **LINE UP CARDS:**

The Head Coach / Manager should have a copy of the official team roster.

1. All teams must turn in a lineup card to the official score keeper prior to the start of the game. The lineup cards must contain the following:
  - a. The players first and last name, jersey number and listed in the correct batting order
2. Teams must start and finish with at least eight (8) players. If you are playing down a player you must take an out in the open batting order spot unless that will be the third out of the inning. In that case you just skip the batting order spot.



3. Nine players shall be used defensively.
4. **11 and 12 year old teams-** The entire roster of players present for the game shall bat in the rotation. Any player that arrives after the game starts shall be added to the bottom of the batting order. **If a player starts the game and leaves before the game is over his/her team will take an out in that batting position unless this would be the third out of an inning where in this case we would skip the spot.**
  - a) Players should start at least 2 games during the regular season and play 24 innings during the season. Coaches that violate this rule will appear before the League Director.
  - b) Base runners may lead off bases.
5. Players who intentionally, in the judgment of the umpire, throw bats, or protective headgear, or discard protective headgear while batting or running the bases, shall be ejected from the game following completion of any play in progress at the time the violation occurs. Such action does not constitute an out and such players shall be replaced as batters or base runners if appropriate.
6. Penalty for use of an illegal bat:
  - a. If detected before the first the first pitch of an at-bat, the bat shall be removed from the game. The batter is not out and is required to use a bat that confirms to the bat regulations.
  - b. If detected after the first pitch (whether the pitch is swung at or not) the batter is declared out and base runners shall not advance. Both the Batter and Head Coach of the team will receive a warning.
  - c. If detected after a ball is hit, the batter is out and base runners shall return to their original base prior to the hit. Both the batter and Head Coach of the team will receive a warning.
  - d. First violation will be a written warning to the player and head coach from the Baseball Director. Second violation during a season will result in the player and head coach being suspended for one game by the Baseball Director

#### **PITCHING RULES:**

1. Any team member may pitch, subject to the restrictions of the pitching rules
2. 11 -12 Pitchers shall not pitch in more than seven innings in a calendar day.
3. 11 -12 pitchers shall not be allowed to pitch more than ten innings in one calendar week.
4. 11 - 12 Pitchers shall have at least **40 hours** rest after pitching four innings in a calendar day.
5. **Calendar Week is from 12:01am. Monday to 12 Midnight the following Sunday.**

6. The 40 hour rule is computed from the scheduled starting time of the game in which the pitching occurred. **As soon as a pitcher delivers one pitch to a batter, the pitcher shall be considered as having pitched one inning.**
7. **Any pitcher withdrawn from the mound and/or lineup, or a pitcher who is withdrawn from the mound and stays in the game at another position shall not be permitted to pitch again in the same game.**
8. The Pitcher named in the batting order turned in prior to the start of the game, shall pitch to the first batter or any substitute batter until such batter is put out or reaches first base, unless the pitcher sustains injury or illness which, in the judgment of the umpire-in-chief, incapacitates him from pitching.
9. Pitchers in violation of any of the pitching rules shall be considered an eligible player, subjected to penalties outline in the penalty section of this rule sheet.
10. Balks will be called after (1) warning. Coaches should teach proper mechanics and official will protect runner when appropriate.

#### **PITCHING PENALTIES:**

Penalty for use of an **ineligible player**, upon appeal by the opposing manager or notification by the official scorer when the Baseball Director verifies the information will result in a (1) one game suspension for both the player and Head Coach.

1. An ineligible player is one who is legally a member of the league, but who is ineligible to play or to pitch in a particular game or games because of the limitations set forth these By-Laws.
2. For the purpose of interpreting this rule, a player shall not be considered in violation of the rules until at least one pitch has been thrown to the batter after the point of the violation.
3. In the event the manager of an ineligible player refuses to remove the player from the lineup and the manager does not leave the field when the appeal is made, and verified, the game is subject to forfeit.
4. When the ineligible status of a player is not established until after the completion of the game, the game shall stand as played, but the player and manager shall be ineligible to participate in the next game played by the team, or the next game played after the ineligible status has been determined.
5. Pitchers in violation of any of the pitching rules shall be considered ineligible players, subject to the penalties stated for the use of an ineligible player in this rule.

# **13-14 Baseball Rules**

This is for players 13 or 14 years old on or prior to April 30 of the current year and assigned to the team by the League Director using zip codes.

The official playing rules, with the exceptions and variations contain in the following material, shall be ***“Official Rules of Major League Baseball”*** w/ variations of the By-Laws, completely revised, as released through the office of the Commissioner of Baseball.

No more than three players shall “huddle” on the playing field at any time during the game. Umpires shall discourage such gatherings when they tend to delay the game.

## **SEASONAL GAMES:**

Play a 12 game regular season with a single elimination tournament. All teams will qualify for the playoffs. All teams that finish 500 or better will be place in the “A” Bracket and all teams that finish below 500 will be place in the “B” Bracket.

## **GAME RULES**

There will be a 5 minute grace period on the first game of each day (ONLY). This grace period is included in the game time limit. All other games scheduled that day must start at the scheduled time.

**7 innings or 2 hours: No New inning after 1 hour 45 minute time.** 15 run mercy rule after 3½ or 4 innings and 10 run mercy rule after 4½ or 5 innings.

For the purpose of clarification of the time limit rule, a new inning starts as soon as the home team makes the third out. All games will be considered official after 3 ½ or 4 innings.

## **LINE UP CARDS:**

The Head Coach / Manager should have a copy of the official team roster.

All teams must turn in a lineup card to the official score keeper prior to the start of the game. The lineup cards must contain the following:

- a. The players first and last name, jersey number and listed in the correct batting order

### Playing Rules:

1. Teams must start and finish with at least eight (8) players. If you are playing down a player you must take an out in the open batting order spot unless that will be the third out of the inning. In that case you just skip the batting order spot.
2. Nine players shall be used defensively.
3. **13-14 year old teams-** The entire roster of players present for the game shall bat in the rotation. Any player that arrives after the game starts shall be added to the bottom of the batting order. **If a player starts the game and leaves before the game is over his/her team will take an out in that batting position unless this would be the third out of an inning where in this case we would just skip the spot.**
4. Players should start at least 2 games during the regular season and play 24 innings during the season. Coaches that violate this rule will appear before the League Director.
5. Base runners may lead off and steal bases.
6. Players who intentionally, in the judgment of the umpire, throw bats, or protective headgear, or discard protective headgear while batting or running the bases, shall be ejected from the game following completion of any play in progress at the time the violation occurs. Such action does not constitute an out and such players shall be replaced as batters or base runners if appropriate.
7. Penalty for use of an illegal bat:
  - If detected before the first the first pitch of an at-bat, the bat shall be removed from the game. The batter is not out and is required to use a bat that confirms to the bat regulations.
  - If detected after the first pitch (whether the pitch is swung at or not) the batter is declared out and base runners shall not advance. Both the Batter and Head Coach of the team will receive a warning.
  - If detected after a ball is hit, the batter is out and base runners shall return to their original base prior to the hit. Both the batter and Head Coach of the team will receive a warning.
  - First violation will be a written warning to the player and head coach from the Baseball Director. Second violation during a season will result in the player and head coach being suspended for one game by the Baseball Director.

### **PITCHING RULES:**

1. Any team member may pitch, subject to the restrictions of the pitching rules
2. 13-14 shall **not** pitch in more than seven innings in a calendar day.
3. 13 -14 pitchers shall not be allowed to pitch more than ten innings in one calendar week.

4. 13 - 14 Pitchers shall have at least **40 hours** rest after pitching four innings in a calendar day.
5. **Calendar Week is from 12:01am. Monday to 12 Midnight the following Sunday.**
6. The 40 hour rule is computed from the scheduled starting time of the game in which the pitching occurred. **As soon as a pitcher delivers one pitch to a batter, the pitcher shall be considered as having pitched one inning.**
7. **Any pitcher withdrawn from the mound and/or lineup, or a pitcher who is withdrawn from the mound and stays in the game at another position shall not be permitted to pitch again in the same game.**
8. The Pitcher named in the batting order turned in prior to the start of the game, shall pitch to the first batter or any substitute batter until such batter is put out or reaches first base, unless the pitcher sustains injury or illness which, in the judgment of the umpire-in-chief, incapacitates him from pitching.
9. Pitchers in violation of any of the pitching rules shall be considered an eligible player, subjected to penalties outline in the penalty section of this rule sheet.
10. Balks will be enforced without warning. Coaches should teach proper mechanics.

### **PITCHING PENALTIES:**

Penalty for use of an **ineligible player**, upon appeal by the opposing manager or notification by the official scorer when the Baseball Director verifies the information will result in a (1) one game suspension for both the player and Head Coach.

1. An ineligible player is one who is legally a member of the league, but who is ineligible to play or to pitch in a particular game or games because of the limitations set forth these By-Laws.
2. For the purpose of interpreting this rule, a player shall not be considered in violation of the rules until at least one pitch has been thrown to the batter after the point of the violation.
3. In the event the manager of an ineligible player refuses to remove the player from the lineup and the manager does not leave the field when the appeal is made, and verified, the game is subject to forfeit.
4. When the ineligible status of a player is not established until after the completion of the game, the game shall stand as played, but the player and manager shall be ineligible to participate in the next game played by the team, or the next game played after the ineligible status has been determined.
5. Pitchers in violation of any of the pitching rules shall be considered ineligible players, subject to the penalties stated for the use of an ineligible player in this rule.

## **SUSPENSION POLICY:**

The suspension policy is designed to define major and minor suspension periods and to outline the offenses for which one may be suspended from any or all activities programmed within the Greensboro Parks & Recreation Department/Athletic Division.

In order to ensure the safety and rights of program participants, coaches, managers, players, officials and Parks & Recreation Staff, the following policy has been initiated for all sports.

The suspension policy is defined as disciplinary actions taken by the Parks & Recreation Department towards an individual(s) or team (s) that violate the Program Rules and By-Laws that are written by officials or Parks & Recreation staff. The action prohibits the offender(s) from participating in activities in any way other than as a **spectator** for a designated period of time or number of games.

***There are two (2) types of suspensions:***

**Minor Suspension** is a short term suspension in a given sport. Suspensions for minor violations will be one (1) game in a/all given sport(s). The following are examples of a minor violation. This list is not inclusive of all violations.

- a. Negatively approaching an official before, during, after a game.
- b. Ejection/unsportsmanlike conduct by a coach or player will be one game. (No appeal)
- c. A second ejection for unsportsmanlike conduct by a coach or player will result in dismissal from the league for the season.

**Major Suspension** is a long-term suspension that will carry over to all the sports offered by Greensboro Parks & Recreation Athletics for a specific period of time. Minimum suspension for all major violations will be one (1) year. Following are examples of major violations:

- a. Coach playing a player that is not registered w/ Parks & Recreation Dept.
- b. Playing a player under an assumed name.
- c. Attempting to inflict bodily harm with any piece of equipment and/or assaulting an official or Parks & Recreation Staff.
- d. Fighting.
- e. Continued unsportsmanlike conduct towards staff and others
- f. Illegally playing for a team.
- g. Failure to leave the field or facility immediately after ejection
- h. Use of alcohol or illegal drugs, prior to, during or after a game on city property.

***Two minor violations*** in a given sport may be considered a major violation and warrant major suspension.

The Parks & Recreation Athletic Staff will determine the severity of the violation and notify offender(s) in writing as to why, length and period of suspension.

The offender(s) will have forty-eight (48) hours to appeal the suspension. This appeal must be in writing and submitted to the League Director. The \$25.00 appeal fee must accompany the appeal notification, which is non-refundable. The appeal will be made to the Athletic Board, their decision will be final.

## **PROTESTS:**

1. No protest will be considered if it's based solely on an officials/umpires judgment.
2. Protest that will be considered area as followed:
  - a. Misinterpretation of the playing rules
  - b. Failure to apply the correct rule in a given situation
  - c. Failure to follow the guideline set forth in the By-Laws
3. The protest must be lodged before the next pitch. Exception: Player Eligibility
  - a. The objecting manager shall, **at the time the play occurs**, notify the head umpire, the opposing manager/coach and the official scorer that the game is being played under protest. The official scorer and both team scorekeeper should note in the scorebook all pertinent information about the protest.
  - b. The umpire should make a public announcement when the game is being played under protest.
  - c. Any team manager or other adult leader who withdraws a team from the playing field under any circumstances prior to the official completion of the game shall forfeit all rights to protests as prescribed in this section.
  - d. A ruling on all protest will be rendered within 5 business days.
4. No protest can be filed once the game is completed and both teams have left the playing area. Exception: Player Eligibility.
5. The protest must be submitted in writing, with a \$25.00 fee to the League Director's office within 24 hours, by 5:00pm on the next business day following the game in question.

### **The written protest should contain the following information.**

- a. Date, time and place of game
  - b. Teams involved
  - c. The rule and section of the By-Laws under which the protest is made
  - d. The decision and conditions surrounding the decision
  - e. All essential facts involved in the protested matter (teams involved, date, time, etc)
6. If the protest is ruled valid, \$25.00 protest fee is refunded. If the protest is ruled invalid, the fee is non-refundable.
7. The Athletic Board of Directors will hear the appeal, their decision will be final.

**NOTE: A protest concerning player eligibility will be handled in the same manner.**

## **COMPLAINTS:**

Any manager or umpire who feels he does not have a protest, but would like to file a letter of complaint or concern stating causes and circumstances involving such incidents must do so within (24) hours or on the next business day after the occurrence.

The League Director will handle all complaints and see that an investigation is implemented concerning the complaint. A report will be made with seven (7) days after the League Director receives such complaint and completes the investigation.

There will be **no** charge involved in writing a letter of complaint, but under no circumstances should a letter be written because of personality differences. A hearing may be held to review some complaints by the Parks & Recreation Athletics' staff.

### **AWARDS:**

Playoffs – team and individual awards will be presented to the Champion and Finalist teams in each Tournament.

### ***Concussions:***

#### **SIGNS OBSERVED BY COACHING STAFF**

Appears dazed or stunned  
Is confused about assignment or position  
Forgets an instruction  
Is unsure of game, score, or opponent  
Moves clumsily  
Answers questions slowly  
Loses consciousness (even briefly)  
Shows mood, behavior, or personality changes  
Can't recall events **prior** to hit or fall  
Can't recall events **after** hit or fall

#### **SYMPTOMS REPORTED BY ATHLETE**

Headache or "pressure" in head  
Nausea or vomiting  
Balance problems or dizziness  
Double or blurry vision  
Sensitivity to light and noise  
Feeling sluggish, hazy, foggy, or groggy  
Concentration or memory problems  
Confusion  
Just not "feeling right" or is "feeling down"

*When a Concussion is Suspected:* If you suspect that an athlete has a concussion, implement the following IMMEDIATELY:

1. Remove the athlete from play. Look for signs and symptoms of a concussion if the athlete has experienced a bump or blow to the head or body. **When in doubt, sit them out.**
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help healthcare professionals in assessing the athlete after the injury:
  - *Cause of the injury and force of the hit or blow to the head or body*• *Any loss of consciousness(passed out/knocked out) and if so, for how long*
  - *Any memory loss immediately following the injury*• *Any seizures immediately following the injury*
  - *Number of previous concussions (if any)*
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom - free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time



(hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

**The City of Greensboro requires a medical release form from the physician before the player can return to play. This documentation must be submitted to the League Director for clearance. League Director will notify Center Coordinators, Center Supervisors and Head Coaches when clearance has been obtained. Parents must bring the medical release form to the Parks and Recreation Administration Office located at 1001 Fourth Street, Greensboro, NC 27405**

Remember, you can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. Most people with a concussion will recover quickly and fully. But for some people, signs and symptoms of concussion can last for *days, weeks, or longer*. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. After a concussion, physical *and* cognitive activities—such as concentrating and learning—should be carefully managed and monitored by a health care professional.

It is normal for athletes to feel frustrated, sad and even angry because they cannot return to sports right away or cannot keep up with their school work. Talk with athletes, parents, and other coaches about these issues and offer support and encouragement.

*Additional Information is available @ this website: [www.cdc.gov/Concussion/Resources.html](http://www.cdc.gov/Concussion/Resources.html)*

### **WELLNESS TIPS – Heat Related Issues**

**Safety of every youth participating during the baseball season is ALWAYS a priority!** To ensure the safety and well – being of players during **HOT WEATHER**, extra precautions have been implemented. Remember it is much easier to keep FLUIDS in you, even when you are not thirsty than it is to treat heat related problems. ***DRINK PLENTY OF WATER!!!***

***The following HEAT INDEX GUIDELINES/STEPS must be adhered to:***

During a **RED OZONE ALERT** (heat index: 130 & above) teams will **NOT PRACTICE** outdoors and should not practice in a non-air conditioned indoor facility.

During a **PINK OZONE ALERT** (heat index: 105 – 129) the following guidelines should be followed for ALL participants/organizations. Teams must guard against serious heat problems. The training regimens of any team practicing under high heat and humidity conditions must do the following:

- a. Limit or eliminate laps entirely. **DO NOT** assign laps for disciplinary reasons.
- b. All practices will be limited to 1 hour w/ low intensity.
- c. Schedule practices for early evening (approximately 7 – 8pm), after the sun is low. Rest in shaded areas in 10 - 15 minute intervals

- d. All organizations **MUST** have multiple water stations and give the players all the water they want to drink anytime they want it – take breaks **every 15 – 20 minutes -- MANDATORY.**
- e. Limit or eliminate soft drinks as substitute for water, players should have drinks with **ELECTROLYTES.**
- f. All coaches need to keep an eye on players and fellow coaches for the slightest sign of heat exhaustion or fatigue.
- g. Players should not wear sweat suits
- h. Players should be given frequent water breaks

During **YELLOW OZONE ALERT** (heat index: 90 – 104) the following guidelines should be followed, use caution, remove helmets and other equipment if not involved in contact.

Rest/shade/water must be given in 15 minute intervals (10 minute duration) during the activity -- especially for participants who are sensitive to heat and/or have breathing problems.

During **GREEN OZONE ALERT** (heat index: 80 – 90) use caution, monitor athletes for necessary action -- especially for participants who are sensitive to heat and/or have breathing problems.

		Relative Humidity								
Temperature F °		10%	20%	30%	40%	50%	60%	70%	80%	90%
	104 °	98	104	110	120	>130	>130	>130	>130	>130
	102 °	97	101	108	117	125	>130	>130	>130	>130
	100 °	95	99	105	110	120	>130	>130	>130	>130
	98 °	93	97	101	106	110	125	>130	>130	>130
	96 °	91	95	98	104	108	120	128	>130	>130
	94 °	89	93	95	100	105	111	122	128	>130
	92 °	87	90	92	96	100	106	115	122	128
	90 °	85	88	90	92	96	100	106	114	122
	88 °	82	86	87	89	93	95	100	106	115
	86 °	80	84	85	87	90	92	96	100	109
	84 °	78	81	83	85	86	89	91	95	99
	82 °	77	79	80	81	84	86	89	91	95
	80 °	75	77	78	79	81	83	85	86	89
	78 °	72	75	77	78	79	80	81	83	85
	76 °	70	72	75	76	77	77	77	78	79
	74 °	68	70	73	74	75	75	75	76	77
<p><b>Directions:</b> Locate the current temperature on the left hand column and then locate the relative humidity on the top row. Follow the temperature across and the humidity down until they meet; this measurement is the heat index. The heat index will increase 15 degrees in direct sunlight.</p>										
<b>Extreme Danger:</b>		Heat Stroke likely to occur when working under these conditions.								
<b>Danger:</b>		Heat Exhaustion or Heat Cramps likely. Heat Stroke may occur upon prolonged exertion.								
<b>Extreme Caution:</b>		Heat Cramps or Heat Exhaustion likely to occur.								
<b>Caution:</b>		Heat Fatigue may occur. Normal summer working conditions should be observed.								

## **EMERGENCY RESPONSE PLAN:**

Statement of Purpose: Though we attempt to avoid accidents and emergencies by adequate planning and training, as well maintaining safe facilities and equipment, these situations will inevitably still occur. For that reason, the entire leadership who is involved in all aspects of athletics programming, including professional staff, part-time employees, officials and volunteers, must have a clear understanding and follow the emergency response plan.

### *PREVENTION*

- All participants must provide completed Medical History form attached to the registration form.
- It is highly recommended that all participants have a pre participation physical examination with a follow-up examination prior to each season.
- **All participants must provide signed consent that the parent of the underage participant assumes all risk for accidental injury.**
- Coaches and officials must use common sense when dealing with thunder and lighting and severe storm situations.
- It is highly recommended that each coach must have a stocked ***first aid kit*** at every practice and game. A first aid kit will be provided at all sites with concession stands.
- Coaches' first aid kits must carry a copy of ***medical history*** cards for each player listing contact persons to be called in case of emergency.
- If a player is injured during a game, only the Athletic Staff, officials and coaches will be allowed on the playing field with the injured player. Person who is available with any type of 1<sup>st</sup> aid training will be allowed to help the injured person. All other players must go to another area of the playing field or dugout.  
Spectators will **NOT** be allowed on the field at anytime during the game.
- Anyone administering 1<sup>st</sup> aid, especially in dealing with blood/other bodily fluids must wear protective gloves and any other personal protective equipment (PPE) that is available.
- ***Blank accident forms must be kept with each 1<sup>st</sup> aid kit. A form must be completed by field supervisor/coach at the scene for every major emergency and/or accident.***
- A telephone must ALWAYS be available at each game site. Coaches are responsible for emergency communications at practices. It is highly recommended that all concession stand operators keep a cell phone on site to make calls during emergency situations. The Athletic Staff will ensure that concession areas are open during games.

## **IN CASE OF EMERGENCY:**

For major emergencies follow ALL steps

For minor emergencies follow the **BOLD** items ONLY

- **Assess the injury.**
- Activate the medical response plan/emergency action plan.

- Designate someone to call emergency medical personnel and to call/located the injured person's parents.
- **Administer basic 1<sup>st</sup> Aid.**
- Send another person to direct the arriving emergency medical personnel.
- Prepare the injured person to be transported. **DO NOT MOVE THE INJURED PERSON UNTIL EMERGENCY PERSONNEL HAVE ARRIVED OR IF THE SCENE BECOMES UNSAFE.**
- Designate someone to go to the hospital with the injured person if parents/relatives are not available.
- Field supervisors/coaches/staff on duty must interview witnesses and fill out an Accident Report, the report needs to be turned into the **Baseball Director within 24 hours of the accident.**

### **EMERGENCY PHONE # - 911 (Rescue, Fire, or Police)**

*Note: The Athletic Section of the Greensboro Parks & Recreation Department has complied, distributes, and mandated this information to all of the leadership involved in our athletic programming. Each person should be aware that failure to adhere to the information contained herein may leave them open to litigious situations. Signatures that show compliance to this plan have been collect on a separate sheet.*